Vancouver metro

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CANADA GETS MORE BLING

Plus: Soccer team nets historic win over Germany

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ILLUSTRATION ANDRES PLANA

RENTERS: THE PAWNS IN THE REAL ESTATE GAME

Tenants in Vancouver need better protection, advocates say

metroNEWS

Human rights threatened, group says

AMNESTY INTERNATIONAL

Site C shouldn't advance without indigenous consent: Report

Amnesty International is calling for a stop work order on British Columbia's $8.8-billion Site C hydroelectric dam, saying the mega project on the Peace River threatens the human rights of indigenous people.

The independent human rights advocate released a report Tuesday calling on the federal and provincial governments to immediately suspend or rescind all construction approvals and permits related to the project in northeast B.C.

The report, The Point of No Return, also said the project should only proceed on the basis of free, prior and informed consent of all affected indigenous peoples.

At least two area First Nations are challenging the project in court.

The Amnesty International report says archeological evidence shows indigenous peoples have lived in the Peace River area for more than 10,000 years and many rely on the valley to hunt, fish, trap, conduct ceremonies and harvest plant medicines.

B.C. Premier Christy Clark announced approval of the project in December 2014, saying Site C will mark a historic milestone that will be felt for a century. Construction at the dam site started last summer and the federal government recently approved permits to allow work to begin on diverting water flows.

"Canadian and international law require a high and rigorous standard of protection to ensure that indigenous peoples, who have already endured decades of marginalization, discrimination, dispossession, and impoverishment, are not further harmed by development on their lands and territories," says the report.

THE CANADIAN PRESS

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Your essential daily news

Duffy says Senate officials approved newest housing expense claims totalling $1,691

Access to food 'a human right'

RESEARCH

Mentally ill, homeless have extremely high food insecurity

Matt Kieltyka
Metro | Vancouver

People in Vancouver who are homeless and are diagnosed with mental illness suffer even more because they don't have access to safe, nutritious food, a new study has found.

Milad Parpouchi, of Simon Fraser University's Somers Research Group, said the prevalence of food insecurity identified within that population is much higher than researchers expected, which can lead to even worse health outcomes for already marginalized and vulnerable people.

Whereas just 8.3 per cent of Canadian households experience food insecurity, that number skyrockets to an "extremely high" 64 per cent among homeless adults with mental illness in Vancouver.

"Homelessness itself is a very strong barrier for food security," said Parpouchi. "You're not likely to have kitchen appliances for cooking and spaces to store food when you're trying to secure shelter and housing."

While food banks and other charities try to help fill the void, Parpouchi says it's difficult for people to access proper nutrition when they're already dealing with health issues related to their mental illness, drug use and are just struggling to find shelter and make appointments.

The study concludes, "Interventions to reduce food insecurity in this population are urgently needed."

Parpouchi says the answer is to rely less on charities to address that need, adopt housing-first strategies and rethink the way food services are delivered in Canada.

"We need to think about access to food as a human right," he said.

The research was conducted as part of the Vancouver At Home study, based on questionnaires with 421 people.

Food insecurity is defined as "limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways."

Parpouchi said researchers are now looking at food insecurity rates of homeless people with mental illness who find adequate housing to see how the rates and health outcomes compare.

Pears at the Greater Vancouver Food Bank's sorting facility. COURTESY GREATER VANCOUVER FOOD BANK

MARKETING

Real-estate agents' sales pitch to bereaved man draws fury

Sorry your wife died. Can we sell your house?

That's not exactly what the note said, but that's the message Launi Smith Bowie received when she fished the letter from two realtors out of her father's trash can last week. Days earlier, her mother Audry Smith collapsed at a family birthday party and later died. The loss was totally unexpected, Bowie said.

And so was the message her 73-year-old dad, Ted, got from the veteran realtors — Leanne de Souza and Linda Shaver — who knocked on his door days after his wife's death. Handwritten on a store-bought condolence card with the realtors' business cards attached, the note said: "Sorry to hear of your wife's passing. Please let us know if we can help in any way with your real-estate needs when the time is right. Thanks."

Though the realtors insist they meant no harm and truly felt sympathy, Bowie said her 73-year-old father was distressed by their letter.

"My dad is beyond devastated and still really recovering from shock," Bowie said on the phone from Surrey. "You don't know either of my parents. I'm not sure why you're sending them a sympathy card."

At first she was outraged, and posted the note on Facebook. But in the ensuing days, after news outlets picked up the story, Bowie said she feels the vitriol directed at the realtors has gotten out of hand.

In a joint interview, De Souza and Shaver said they spoke with Bowie's dad at his house while canvassing door-to-door in his South Surrey neighbourhood. They said he expressed interest in learning how much his home would sell for, and then mentioned the recent death of his wife, to whom he'd been married for 51 years.

> **Our sympathy was very heartfelt.**
> Leanne de Souza

"Our sympathy was very heartfelt. It was very emotional to hear his loss," said de Souza.

The realtors said they left quickly thereafter, and sent a follow-up card.

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Tallest wood highrise complete

UBC

Project a demonstration of sustainable construction

Jen St. Denis
Metro | Vancouver

It was the real-life equivalent of the construction scene from The Lego Movie, minus the danceable soundtrack: workers rapidly built an 18-storey building according to "the instructions" and lowered the final piece into place on Tuesday afternoon.

The building on the University of British Columbia campus, which will be a new student residence, is currently the world's tallest wood building. B.C.'s building and lumber industries are hoping it can serve as an example of a new type of construction.

"Timber is a really underutilized building material," said Paul Fast, founder of engineering firm Fast+Epp and lead engineer for the project.

Wooden highrises are built with a product called cross-laminated timber (CLT): pieces of wood glued together to created blocks of various sizes. The CLT blocks, made by Penticton company Structurlam, are much more fire resistant than traditional wood-frame buildings and can support heavier loads. They can also be made to size to fit specific projects.

Proponents of wood construction say the material is more environmentally sustainable than concrete or steel because wood is renewable and stores carbon instead of releasing it. The manufacturing process produces less pollution and fewer greenhouse gas emissions than making concrete or steel, Fast said.

Construction is quicker — it took nine months to put the building up, half the time it would have taken to build a conventional highrise. And it's much quieter, Fast added.

B.C.'s building code currently limits wood buildings to only six storeys. A special zone had to be approved for the building site to allow the building to go higher. But builders hope those rules will soon be relaxed to allow more wooden highrises.

Workers lower the final block into place to complete the tallest wooden building in the world at the Point Grey UBC campus on Tuesday. CONTRIBUTED

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CULTURAL ARTIFACTS

Poison arrows handed to police

Matt Kieltyka
Metro | Vancouver

Police are used to all kinds of weapons being turned over by concerned citizens, but North Vancouver RCMP probably weren't expecting to see antique, poison-tipped arrows show up at their door.

Mounties say they took possession of two of them recently after a North Vancouver resident brought them into the detachment and asked police to destroy them for him because he considered them dangerous.

COURTESY RCMP

It turns out the resident's late father brought the arrows, approximately 70 centimetres in length, over to Canada after he had picked them up from a Maasai tribe in Kenya in the 1940s.

Instead of destroying the arrows, RCMP contacted the University of British Columbia's Museum of Anthropology to see if they have any cultural value.

"I'm sure there is an intriguing story behind these two arrows," said North Vancouver RCMP spokesperson Cpl. Richard De Jong in a written statement. "It's encouraging to see the owner doing the right thing, by turning them over to the police and to see the arrows end up on display in a museum."

A curator has agreed to see the arrows to determine whether they're worthy of inclusion in the museum's archives but no decision has been made yet, according to the university.

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Province's rental laws need to change: Housing advocates

REAL ESTATE

Renters at risk of being legally evicted for richer tenants

Jen St. Denis
Metro | Vancouver

Housing advocates say tenants are increasingly being pushed out of their homes by landlords seeking higher rents, and B.C.'s rent laws need to be changed to better protect tenants.

"It's now something that's really exploded," said Andrew Sakamoto, executive director of the Tenant Resource and Advisory Centre.

With Vancouver's vacancy rate currently at 0.6 per cent and land values skyrocketing, landlords are using two legal methods to get around B.C.'s current 2.9 per cent annual rent increase cap.

In what's become known as a renoviction, a property owner will give tenants two months notice that they want to use the property themselves or to renovate the suite. Sometimes landlords are saying they or their family will be using the suite, but actually rent "to strangers just to raise the rent," Sakamoto said.

Fixed-term tenancies are another problem: tenants are being asked to sign a rental agreement for a specific period of time, including an agreement to vacate the unit after the term ends. While tenants can choose whether to accept the vacate clause, the scarcity of units mean many feel like they have no choice. When the term ends, some landlords are then telling tenants that they can sign a new agreement, but must agree to a steep rent hike — up to 30 per cent in some cases — in order to stay in the suite.

NDP MLA David Eby has introduced a private members bill several times to deal with renovictions. Under the proposed bill, the tenant would have the right to return when the renovation is complete, at the same rent they were paying before. Landlords would be able to apply to B.C.'s Residential Tenancy Branch (RTB) to increase the rent based on the renovations that were done.

Sakamoto would like to see landlords have to apply to the RTB before issuing the two-months notice, and provide evidence that they really intend to use the property for their own use.

Sakamoto believes the fixed-term tenancy problem can be fixed by simply not allowing landlords to use the vacate clause.

Eby said he is still researching policy options for fixed-term tenancies, which can be convenient for both landlords and tenants because they provide flexibility and clarity on when a tenancy ends.

"But the reality is we're in such a crisis in Metro Vancouver around rental housing… that it may be that ending fixed-term tenancies, period, is the only way to resolve the issue," he said.

Landlord BC, an industry group, has cautioned its members not to abuse the current situation.

"The potential negative consequences to our industry as a result of the few who feel it is appropriate to gouge renters due to the ridiculously low vacancy rate, should not be lost on anyone in the industry," the group recently wrote to members. "We are in the midst of an election campaign with huge pressure on the two major parties to address the housing challenges both buyers and renters are facing."

In a statement emailed to Metro, communications staff for natural gas and housing minister Rich Coleman indicated that current rules contain adequate protections for renters. Government is not planning to change the regulations around evicting tenants to renovate a suite.

RENTALS

Do you have a story about renting or looking for a place to rent in Metro Vancouver? Contact jen.stdenis@metronews.ca

Apartments line English Bay in Vancouver's West End. JENNIFER GAUTHIER/METRO FILE

David Eby METRO FILE

FEDERAL GOVERNMENT

Agency not in conflict for promoting fisheries: LeBlanc

Canada's fisheries minister is dismissing concerns from stakeholder groups over suggestions the government agency tasked with conserving wild fish stocks is in a conflict of interest by also being in charge of championing the salmon-farming industry.

Removing industry advocacy from the purview of Fisheries and Oceans Canada was one of the key recommendations from a 2012 report by B.C. Supreme Court Justice Bruce Cohen into the 2009 collapse of sockeye salmon in British Columbia's Fraser River.

The public mandate letter from the prime minister to the minister of fisheries and oceans, a portfolio Dominic LeBlanc took over in June, directed him to "act on recommendations of the Cohen commission on restoring sockeye salmon stocks in the Fraser River."

However, LeBlanc said the ministry's mandate to preserve fisheries is fundamental to its responsibility to promote a viable, long-term salmon-farming industry.

"I think Fisheries and Oceans Canada has a responsibility to promote the sustainable use of fish resources in a way that's good for the local economy," LeBlanc said Tuesday at a news conference.

"If it's a $2- or $3-billion piece of the Canadian economy, with $5 million in labour wages alone in that sector, I think Fisheries and Oceans Canada would be irresponsible not to."

LeBlanc was in West Vancouver to provide a status update on the Cohen commission's report.

He emphasized the government's move to spend nearly $200 million to hire 135 new scientists, biologists, oceanographers and technicians countrywide, which LeBlanc said would contribute directly towards fulfilling 10 of Cohen's 75 recommendations.

Chief Bob Chamberlin of the Union of B.C. Indian Chiefs applauded the government's commitment to expand its focus beyond the commission's narrow analysis of the Fraser River's sockeye salmon run to the entire province.

But he also raised concerns about the agency's apparent conflict of interest between promoting industry and protecting fish, saying it raises the possibility of one being bolstered at the expense of the other.

"I'm completely in support of the Cohen commission's recommendations," Chamberlin said. "The (department's) primary responsibility … is looking after wild fish and the environment."

THE CANADIAN PRESS

Dominic LeBlanc throws food into a tank containing Coho salmon for study during a tour of the Department of Fisheries and Oceans Centre for Aquarium and Environmental Research on Tuesday. DARRYL DYCK/THE CANADIAN PRESS

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EQUALITY

LGBTQ Ugandans swim free in Canada

Alex Boyd
Metro | Edmonton

When the police raid started, Adebayo Katiiti was on a nightclub runway, about to hand over his crown to Uganda's new Mr. Gay Pride.

"They started grabbing people, beating trans women, beating trans men, beating us up," he said. "It was really too much."

That was last week.

This week, the personal trainer and football player is in Edmonton as part of a five-person Ugandan team competing in the International Gay and Lesbian Aquatic championships for the first time. It's an abrupt change of scenery.

"Whenever I think about it, I even dream about it, it is always on my mind," he said of the raid. "At least bringing me here to the competition, it's going to make me feel calm."

This year's championships have attracted 400 athletes from 10 countries to the city, where they'll face off in events like swimming, diving and water polo. But if it's about athletics, it's also about bringing together a community that still faces widely different circumstances worldwide.

"Sports are really important (and) what better way to show we can participate?" event co-chair Mike Stansberry said at a roundtable Monday. "Sports unite people."

This is the first time a Ugandan team has been able to take part in IGLA.

While team members point out their country has a vibrant LGBTQ scene, same-sex activity is punishable by up to 14 years in prison, which has made public activism difficult. The east African nation is one of the 74 countries where same-sex relationships are illegal, according to the International Lesbian, Gay, Bisexual, Trans and Intersex Association.

Ugandan swimmers in Edmonton for a competition are thrilled to be seen as equals. KEVIN TUONG/FOR METRO

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Outbreak on warship

MILITARY

Hand, foot and mouth disease aboard HMCS Charlottetown

A Canadian warship deployed at sea on a NATO mission has been hit by an outbreak of hand, foot and mouth disease.

Some 20 sailors aboard HMCS Charlottetown came down with the contagious disease in recent days, which can cause painful sores and lesions on the tongue and gums as well as on hands and feet.

A military spokesperson confirmed the outbreak and said that personnel were being treated to ease the symptoms of hand, foot and mouth disease (HFMD).

"Members with HFMD on board HMCS Charlottetown are being treated to help alleviate their symptoms as required," Capt. Nicola LaMarre said.

The frigate sailed from Halifax on June 27 to take part in Operation Reassurance, Canada's contribution to NATO deterrence deployments in Eastern Europe.

MEDICAL CARE

Canadian frigates, which sail with a crew of just over 200, don't usually carry a doctor.

- Medical care is provided by a physician's assistant, who can consult with doctors onshore.
- There is no vaccination or specific treatment for hand, foot and mouth disease, though medication can be taken to relieve the symptoms.
- The disease can be spread by close contact, coughing or sneezing and touching infected surfaces.

As HMCS Charlottetown returned to sea Tuesday, there were just two active cases of hand, foot and mouth disease on the frigate, LaMarre said.

"None of the cases of HFMD on board HMCS Charlottetown have caused serious illness or impacted operations. All of the members are being treated by the medical personnel on board the ship in accordance with established medical protocols," she said. TORSTAR NEWS SERVICE

TRUDEAUMETRE

Vow tracker finds a global audience

Lucie Edwardson
Metro | Calgary

The idea of a Calgary man to hold Prime Minister Trudeau accountable for his election promises has taken international flight.

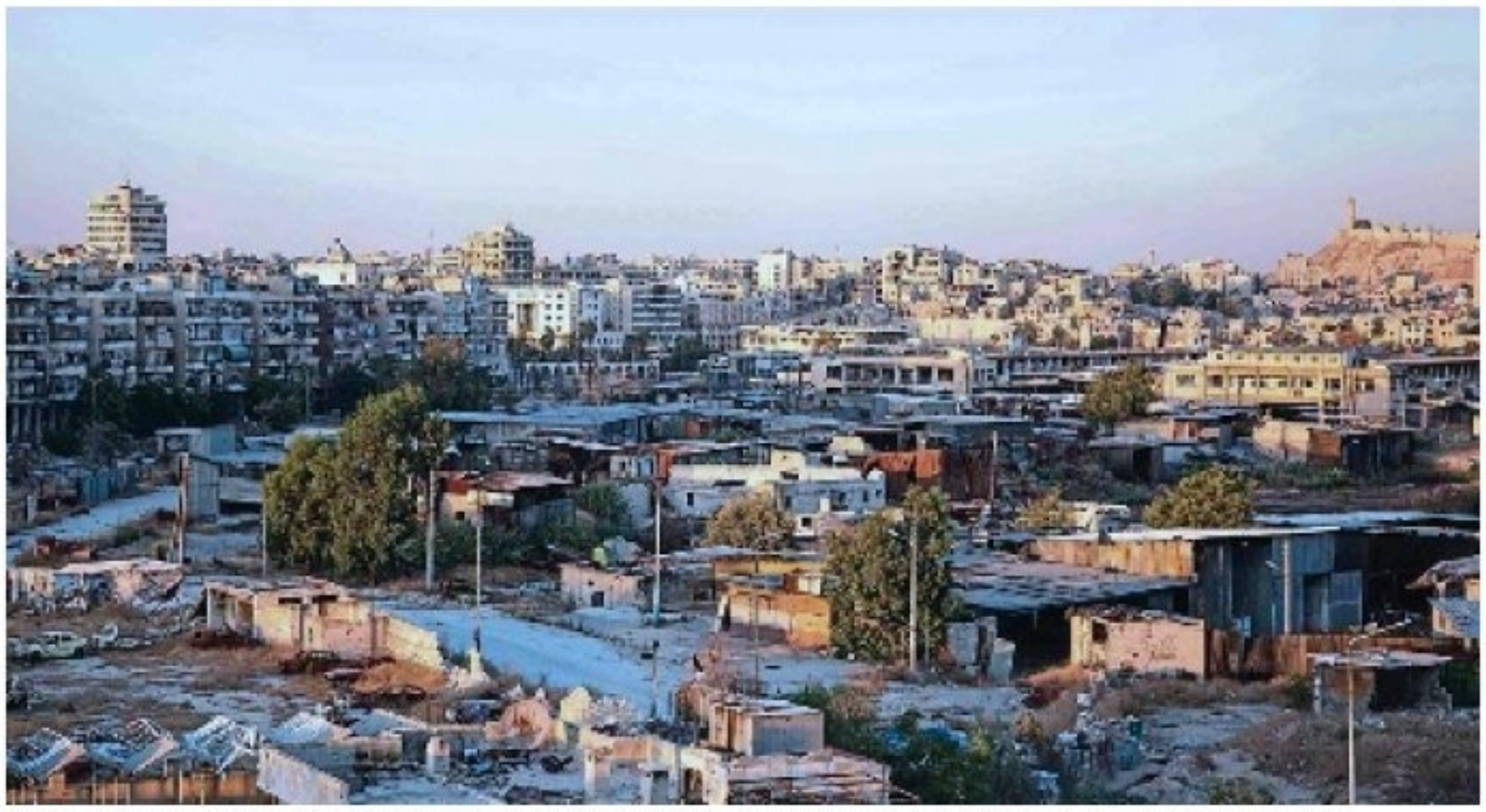
Dom Bernard is the owner of Covosoft and creator of the Trudeaumetre — a non-partisan website that tracks the prime minister's election promises and allows citizens to discuss them.

"People around the world have been contacting me," he said. "When that happens and someone from Argentina or India or wherever reaches out I just give them the code and the framework and say go ahead and do it."

Aleppo in dire situation

MIDDLE EAST

Besieged city in Syria is home to more than 250,000 people



Karaj al-Hajz corridor in the rebel-held part of Aleppo, leading towards the government controlled area of the Masharqa neighbourhood in the background. AFP/GETTY IMAGES

Experts painted a graphic portrait of barrel bombings, attacks on medical facilities, chemical weapons use and the ongoing suffering inside the besieged Syrian city of Aleppo, shaming the international community for its inaction at an informal Security Council meeting organized by the United States.

Dr. Zaher Sahloul, a Syrian-American doctor from Chicago, told the meeting held Monday that medical facilities in eastern Aleppo are routinely targeted, creating a situation where people are dying from treatable conditions for lack of medical care and basic supplies.

Sahloul said he asked a nurse there what she wanted most from the United Nations and she replied that she wanted help evacuating a 10-year-old girl named Shahd who was wounded by a barrel bomb and is now dying due to a shortage of medicine.

"We don't need condemnations, prayers or pointing fingers, we had enough of that. I ask you to meet the people of Aleppo and see them as humans. I have one request, besides saving Shahd, visit Aleppo yourself and meet with its doctors, nurses and patients. If three doctors from Chicago were able to do that, you can do it," Sahloul told diplomats.

Sahloul then showed slides showing women and child victims.

Currently, more than 250,000 people are besieged by government forces in the eastern part of Aleppo, a city that has been divided into rebel and government-controlled parts since 2012.

The government completely closed the main road into the rebel-held areas of Aleppo on July 17, effectively cutting off all supplies and exit routes.

Rebels breached the Syrian government siege on opposition neighbourhoods in Aleppo on Saturday, opening a corridor in the south and marking a major military breakthrough, but observers said civilians still don't have a safe route out because of intense airstrikes and shelling in the area.

UN officials in Syria also urgently called for a humanitarian pause to repair Aleppo's damaged water and electricity infrastructure and provide aid to those trapped in the eastern part of the city.

"Water available through wells and tanks in Aleppo is not nearly enough to sustain the needs of the population. The UN is extremely concerned that the consequences will be dire for millions of civilians if the electricity and water networks are not immediately repaired," said the statement signed by Yacoub El Hillo, UN resident co-ordinator for Syria, and Kevin Kennedy, regional humanitarian co-ordinator for the Syria crisis.

"At a minimum, the UN requires a full-fledged ceasefire or weekly 48-hour humanitarian pauses to reach the millions of people in need throughout Aleppo," the statement continued.

Abdullah Nawhlu, a member of Syrian Civil Defence, a neutral and impartial humanitarian group, speaking by video from Aleppo, described a dire situation with rapidly dwindling stocks of food and fuel, not to mention medical supplies.

"If the siege of Aleppo continues … greater humanitarian disasters will happen, as there will be no medicine for the injured and no flour for people to bake with," Nawhlu said as a constant barrage of gunfire could be heard in the background.

THE ASSOCIATED PRESS

BY THE NUMBERS ALEPPO IN CRISIS

250,000	35	15
The number of people besieged by government forces in Aleppo, Syria.	The number of physicians remaining in the city.	The number of health care facilities attacked in Aleppo in July alone.

+ UN RESPONSE

Meanwhile, the UN and its partners said they are "ready to roll" with aid to Syrians, but the deteriorating security situation in the country is keeping it from being delivered. Undersecretary-General Stephen O'Brien said the risk "has been too grave, too difficult."

ITALY

Pasta with a side of humanity

Police in Rome have come to the "rescue" of an elderly, quarrelling couple by cooking them two plates of pasta.

The 94-year-old man and the 89-year-old woman – married for nearly 70 years – were shouting and crying recently at their home in an apartment building in the Appio neighbourhood of Rome.

According to a police statement posted to Facebook, the couple, named Jole and Michele, told the police they were lonely. No one had visited them in a long time.

Jole in particular was upset at the stream of bad news she watched on the TV each night.

"Attacks, child abuse … Jole wonders why there is so much evil in the world," the Facebook post said. "Sometimes the loneliness melts into tears."

The post said the four officers realized there was no crime in progress and no forms to fill out. The couple were just "two souls" who needed reassurance.

So the officers set to work treating them to dinner, using the couple's tiny kitchen and what ingredients they had at their disposal: spaghetti, butter, cheese plus a "precious ingredient — all their humanity."

One officer cooked at the stove while the other three set about to entertain their new friends, the statement said.

And the couple ate with gusto.

THE ASSOCIATED PRESS

Jole, 94, and Michele, 89

THE ASSOCIATED PRESS

Republican presidential candidate Donald Trump. GETTY IMAGES

U.S. ELECTION

Trump makes crack about armed citizens stopping Hillary Clinton

Even by Donald Trump standards, this was a surreal campaign controversy.

After suggesting for days that the election might be stolen from him, the Republican nominee Tuesday appeared to joke about armed citizens stopping his opponent Hillary Clinton.

Democrats called his language dangerous. Trump said his remarks at a rally were misinterpreted. Republicans lamented another wasted campaign day stuck in controversy.

> If she gets to pick her judges, nothing you can do, folks. Although (with) the Second Amendment people, maybe there is. Donald Trump

Trump was lamenting to supporters about what might happen if his opponent won and reshaped the Supreme Court with liberal judges, who would then undo constitutional gun rights: "If she gets to pick her judges, nothing you can do, folks."

"Although (with) the Second Amendment people, maybe there is, I don't know."

That reference to the constitutional right to bear arms prompted very different interpretations — ranging from some who saw it as an innocuous call for gun owners to organize politically, to others who saw it as a joke about insurrection, to those who saw it as a crack about political assassination.

THE ASSOCIATED PRESS

LENDING

Instalment loan debt rising: TransUnion

Debt levels on short-term, high-risk instalment loans grew by 6 per cent in the second quarter of 2016, double the pace of more traditional loans, suggests a TransUnion report to be released Wednesday.

TransUnion's Industry Insights Report for the second quarter found balances and delinquencies on instalment loans rose significantly from 2015 to 2016, outpacing the average across all types of loans studied, including auto loans, credit cards and lines of credit.

BY THE NUMBERS DELINQUENCIES

7.6%
Rise in delinquencies year-over-year to 3.6 per cent of all instalment loans.

2.4%
Drop in delinquencies on more traditional products such as lines of credit to 0.8 per cent of all loans.

Instalment loans are often offered by alternative, non-bank lenders to consumers who do not qualify for more traditional bank loans because their credit has been damaged. Some carry interest rates as high as 59.9 per cent, just shy of the 60-per-cent rate considered illegal in the Criminal Code.

Delinquency levels — loans that are 90 or more days past due — have risen on instalment loans in the past year, though that's largely concentrated in Alberta and tied to the downturn in the oil sector, said Jason Wang, TransUnion's director of research and analysis in Canada.

TORSTAR NEWS SERVICE

Healthy food boosts sales

RESTAURANTS

Fast-food operator A&W expanding across Canada

Thanks to a focus on food quality and customer experience, A&W is now expanding rapidly in Canada.
THE CANADIAN PRESS

Bolstered by an ongoing strategy to beef up its food quality and customer experience, A&W is now expanding rapidly in Canada despite the challenging environment fast-food giants face.

While some market leaders appear to have stumbled navigating changing consumer demands for healthier foods made up of more high-quality ingredients in recent years, A&W has continued to post record strong growth, according to food analysts.

In 2012, the chain started serving up beef from cows raised without the use of hormones or steroids. The company followed that up with chicken and pork raised without the use of antibiotics, and eggs from hens fed a diet free of animal byproducts.

For its 2015 financial year, the fast-food operator reported same-store sales growth of nearly eight per cent, said Elizabeth Johnston, equity research associate for Laurentian Bank Securities. That's higher than most of A&W's quick-service competition, which has recently ranged anywhere from negative one per cent to five per cent.

McDonald's Canada, by way of comparison, recorded several years of sliding sales figures and operating profits before marginally beginning to post improvements in 2016, according to estimates by industry research firm IBISWorld's April report on the Canadian fast-food restaurant industry.

THE CANADIAN PRESS

IN BRIEF

Delta systems still slow
Delta Air Lines says some computer systems are still working slowly more than a day after an outage crippled the airline and led to more than 1,500 cancelled flights. Delta cancelled more than 1,000 flights Monday and more than 500 Tuesday.
THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Wednesday, August 10, 2016

ROSEMARY WESTWOOD
ON CAMPUS SEXUAL ASSAULT

A new report obtained by Metro suggests that Ontario's widely lauded sexual assault law, which has formed the basis of similar bills in B.C. and Manitoba, will direct schools to focus resources in the wrong places.

If you had any doubt that Canadian universities are woefully ill-equipped and objectively ineffective at dealing with sexual violence, we now have research to prove it.

It's a fact that media investigations have revealed in recent years that sexual violence advocates and survivors know all too well.

And it's now borne out by the most comprehensive report on experiences of campus sexual violence completed in this country.

"The Response to Sexual Violence at Ontario University Campuses," a scathing, 56-page research report, has been obtained by Metro. The result of an independent investigation funded by the Ontario government, it calls for a "massive change" in how schools handle sexual violence, says principal investigator Dawn Moore, an associate professor of law at Carleton.

The report singles out five distinct, broad areas of concern and makes 18 specific recommendations to fix them, including the creation of anonymous sexual-violence reporting systems on campuses and an independent, community-based oversight body to review universities' responses to sexual violence.

Perhaps most troubling for governments seeking to legislate change, the report suggests that Ontario's Bill 32, the widely lauded sexual assault policy that has formed the basis of similar bills in B.C. and Manitoba, will direct schools to focus resources in the wrong places.

The five major findings:

1. There are pervasive rape myths on campuses, and staff often blame victims or discount their stories. The common university "risk-management approach" frames survivors as a problem to be solved

2. Survivor-centred policies, while intended to give victims of sexual violence agency, actually function to silence and minimize rape on campus

3. "Institutional silos" at schools create a "frustrating bureaucratic nightmare" for survivors and, at worst, "justify inaction by respective units throughout the university"

4. A broad lack of education for students and training for staff on healthy sexuality and sexual violence perpetuates rape myths

5. Survivor resources are both difficult to access and poorly staffed.

Over four months, from this past March to June, the research team completed an extensive review of existing literature, and noted a disturbing lack of comprehensive campus sexual-violence studies in Canada. They conducted site-specific research at three universities — Carleton, Lakehead, and Waterloo — where they interviewed sexual-assault survivors, administrators and service providers, campus security and police, and students. What surfaced was an insidious and widespread systematic failure to make campuses safer and support those who are harmed by sexual violence.

"A defining feature of university responses to sexual violence is the absence of formal reports," the researchers concluded — a fact that administrators attribute to the wishes of survivors who prefer "informal remedies." Not only do those remedies often prove lacking, but the lack of formal reports deliver a silencing effect, giving schools an excuse not to collect data that would more accurately represent the prevalence of sexual violence.

When survivors do report, they feel "bounced around" between "sexual assault centres, equity offices, health and counselling, academic support services, deans and VP students as well as campus security," none of which "appear to be in conversation with each other, even when it was about individual cases," the report concludes. The researchers found no system to monitor disclosures of sexual violence, and no system for consistent information sharing at any of the schools. In effect, no one is tracking perpetrators.

Better reporting is a cornerstone of the Ontario Liberals' new bill on sexual violence on campus, and then B.C.'s and Manitoba's. But while the report certainly calls for a more streamlined process, it also suggests universities should "move beyond" this effort and "concentrate more on service provision, informal remedies and the prevention of sexual assault."

Since so few survivors want to make formal reports, schools have a better shot at serving them via counselling and health services, academic help and safety plans that help survivors avoid their abusers, researchers concluded.

Dawn Moore, the principal investigator, said she's cautiously optimistic the report will be translated into on-the-ground changes, and she cited this particular cultural moment around sexual assault: "In the 20 years I worked on violence against women, this is the first moment in history where I've felt like maybe we have a chance," she said.

To that end, a spokesperson for the Ministry of Community Safety and Correctional Services, which is reviewing the report, told Metro, "This research may help us identify gaps and potential best practices and support the development of tools to improve police responses and investigations across the province."

At the highest level, Moore said, she hopes the report forces "universities to stop thinking about sexual violence as a risk to be managed."

And at the very least, it's given lie to years of lip service that universities are doing all they can to help survivors of sexual violence, and end campus rape.

PROGRESS? A student wears a "No means no" badge at a rally at Saint Mary's University in 2013. A new report has dealt scathing rebukes at government reforms aimed at curbing rape culture at Canadian universities. THE CANADIAN PRESS FILE

Liberals' economic goals depend on world forces

Paul Wells

But enough of summer silly-season stories. Justin Trudeau's biggest problem isn't that he has spent August wearing only half his clothes. It's that Canada has spent 2016 wearing only half its economic growth.

The other day I caught up with a Liberal who's involved in preparing next spring's federal budget. It's supposed to be the fun one. New governments' first budgets are normally delivered within only a few months after an election by rookies unsure of their roles, offering only tweaks to the previous government's assumptions and work habits. With the second budget, a government can begin to etch its philosophy into the books.

Finance Minister Bill Morneau's budget next February or March will lay out the details of Phase Two of the government's infrastructure plan, dozens of billions of dollars in new money for high-profile city-building projects, big new transit projects, and the like. Other measures should describe the transition to a lower-carbon, higher-innovation economy. All of this is what the Liberals suppose they were elected to do.

So why was my acquaintance so glum? Low growth.

"We say that everything we do, taken together, will add a point to GDP growth," this person said. "Well, first, we'll see whether we can do that. But, second, it depends what level of growth we're given by the global economy. ... It doesn't help all that much if that means growth goes from 1 per cent to 2 per cent."

When the Liberals wrote their election platform in the spring of 2015, the Bank of Canada was projecting 2.5 per cent GDP growth for 2016. By last October, the bank had cut the projection to 2 per cent. Last month, the bank revised down again, to 1.3 per cent.

Compare and contrast. For four wild years at the end of the 1990s, from 1997 to 2000, GDP growth soared between 4 and 5 per cent. Those were the days when Jean Chrétien and Martin launched the Canada Foundation for Innovation and the Vancouver Agreement, cut income taxes by an amount comparable to Stephen Harper's later GST cut, and still managed to sharply increase cash transfers to the provinces.

Those heady achievements were fuelled by collapsing interest rates, the first internet tech boom, and the happy coincidence that Ontario was tucked into the middle of the United States during a rampaging economic recovery.

None of this can be said today. Interest rates aren't going much lower. There's a sense that tech has coughed up all the productivity gains it could have offered. And while Hillary Clinton's election seems likelier every day, she has no magic plan to boost growth in our largest export market.

There is only so much any Canadian government can do to influence the country's economy; we are captive to world trends. And sharply limited growth would put a low ceiling on all the Trudeau government's aspirations.

In two weeks Trudeau's cabinet will travel to northern Ontario for the third in a series of quarterly retreats. The first two were relaxed and upbeat. This one will have an edge. The boss plainly took care to ensure he enjoyed his summer. Here's hoping the rest of them did too. Recess is over.

Paul Wells is a national politics columnist for the Toronto Star.

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From s'mores kits to candies to drumsticks, it's this season's toastiest flavour

A look behind mushroom magic

CONSUMER KNOWLEDGE

Company says it can block bitter taste — is that possible?

Genna Buck
Metro Canada

It's a simple, smart business idea that addresses a real need.

ClearTaste, an odourless, tasteless food additive derived from mushrooms, blocks the action of bitter taste receptors on the tongue, making bitter, sour, and astringent foods more palatable.

Adding it to naturally bitter foods like chocolate, according to the Colorado-based producer, MycoTechnology, allows the sugar content to be reduced by 50 to 90 per cent.

In an interview, MycoTechnology's marketing director Josh Hahn declined to describe ClearTaste's chemical composition, exact mechanism of action, or, citing trade secrets, the types of mushrooms it contains.

And the company's scientists haven't published any peer-reviewed research yet, although they're at work on a paper now.

This poses a bit of a pickle for consumers. Without much information to go on, it can be hard to evaluate whether a product's claims are supported by sound science.

ClearTaste is already on the shelves in U.S. processed foods, and it's expected to arrive in Canada as soon as this fall.

Marketed as a "universal bitter blocker," a boon for diabetics and healthy eaters, ClearTaste has been the subject of some breathless media reports.

"Researchers have finally discovered the key to naturally stripping sugar from all our foods," gushed Atlantic Media's Quartz site. "This All-Natural Solution Could Curb Our Sugar Addiction," enthused PSFK.com.

But Dr. Prashen Chelikani, a professor of oral biology who runs at lab at the University of Manitoba that develops bitter blockers, had a word of caution about the phrase "universal bitter blocker."

"In humans we have 25 bitter taste receptors," he said. "If it's blocking all 25, they can classify it as a universal bitter blocker. Right now, I don't know of a blocker that can block all 25 receptors."

ClearTaste most likely contains one or more of the 13 bitter blockers currently known to science, Chelikani explained, and perhaps something else that blocks sour receptors (those are a totally different thing, structurally speaking).

But there's no way to know unless the company publishes that information, he said, and "some companies don't publish."

MycoTechnology CEO Alan Hahn said the company plans to protect ClearTaste with some combination of patents — whereby more information about how it's made and what it contains would be made public — and trade secrets, which are, as the name suggests, secrets.

FOOD

When is ClearTaste coming to Canada?

MycoTechnology is working with B.C.-based GLG LifeTec on a low-calorie sweetener containing its bitter blocker ClearTaste plus stevia leaf, which naturally has bitter and metallic notes.

When pressed on the term "universal bitter blocker," he clarified that the product is "functionally universal": It works on all the bitter foods and drinks the company has tried it in. However, it's not technically universal, because it doesn't block all 25 receptors.

University of Toronto genetics professor and open innovation advocate Aled Edwards encouraged consumers to be skeptical of all natural health remedies and functional foods, not just bitter blockers.

"Science is used as a marketing tool, not as a discipline."

MycoTechnology's work raises interesting questions about sharing scientific knowledge in the public interest, because there are important applications for bitter blockers.

For example, children's tolerance for bitter medications is very low, and though nasty-tasting meds are masked with sweeteners, that only works up to a point, Chelikani said.

Plus, he said, bitter receptors exist in other parts of the body, like the gut. Their function is still being discovered. But they could become important drug targets in the future.

Hahn didn't have much to say about the possibility of other applications of the chemicals in ClearTaste. The company is focused on foods for now. "If there are other applications, we'd like to understand what the possibilities are. It really depends," he said.

Illustration: Companies like MycoTechnology, which makes bitter blockers using mushrooms, keep a lot of their science to themselves. This makes it hard for consumers to evaluate whether claims are supported by evidence. ISTOCK

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Hot dogs

If summer outings have you indulging in one too many hot dogs, swap it for the occasional veggie dog.

PICK THIS

Yves Veggie Dogs (without bun)

Calories 50
Fat 1g
Sodium 320mg

SKIP THIS

Maple Leaf Top Dogs Original BBQ Size (without bun)

Calories 160
Fat 14g
Sodium 480mg

HERE'S WHY

Equivalent to three 6" Roast Beef subs from Subway in fat

From ballgames to BBQs, hot dogs are a popular and easy pick in the summer, but I urge you to limit these processed forms of meat. These hot dogs are made with mechanically separated chicken, pork and beef, and also contain sodium nitrite, which has been linked to an increased risk of certain cancers. They also have three times more calories and a third more sodium than the veggie dog, which has virtually no fat compared to the hot dog.

Correction: Last week's column incorrectly stated that the Dairy Queen Cotton Candy Blizzard was equivalent to two 2L bottles of Coke in sugar; it should have stated two 16oz bottles of Coke in sugar.

RECIPE

A refreshing way to sip your greens

You may be tempted to grimace. But this perfect refreshing summer soup from the Serious Eats food blog is pretty and simple to make. Soup is a tasty way to change things up and still get your greens. It's also a good way to use those sad leaves accumulating at the bottom of your crisper. Experiment with mixed lettuces, arugula and watercress; avoid tasteless iceberg.

Lettuce soup from Serious-Eats.com. TORSTAR

Hot or cold creamy lettuce soup

Ingredients:

- 2 tbsp (30 mL) butter
- 1 medium onion, chopped
- 4 cloves garlic, sliced
- 2 cups (500 mL) vegetable or chicken stock
- 4 cups (1L) tightly packed lettuce, core and roots trimmed and leaves torn
- 1/4 cup (60 mL) parsley leaves
- Fresh lemon juice, to taste
- Kosher salt and freshly-ground pepper, to taste
- Optional garnishes: crispy crumbled bacon, halved grape tomatoes, sprigs of cilantro or parsley

Directions:

1. In a large saucepan, melt butter over medium heat until foamy. Add onion and garlic and cook until softened, about 3 minutes. Add stock and simmer until vegetables are very tender, about 8 minutes. Add lettuce and parsley and simmer until wilted and soft, 2 to 3 minutes.

2. Transfer to blender in batches and blend, starting at lowest speed and increasing to high, until soup is smooth and creamy. If too thick, add stock. Season with lemon juice, salt and pepper. Garnish and serve.

TORSTAR NEWS SERVICE

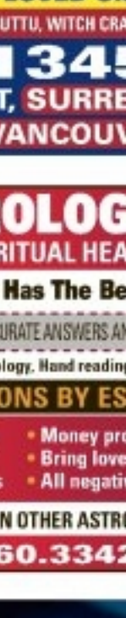
FOOD BRIEF

Toast the Olympics with a Brazilian spirit

When it comes to a post-performance liquid our Olympic athletes in Brazil may have to contend with cachaça (kah-SHAH-sa): Brazil's most popular alcohol-based beverage.

Though made with sugarcane juice (rather than molasses like most rums) cachaça often gets lumped in with the rum category.

Taken straight cachaça can taste like it's been filtered through a used sweat sock. That's why, here in Canada, versions like the surprisingly smooth Leblon Cachaça (700ml, $37.29-$38.33) are used more as the base for tropical-style drinks. The simple to make caipirinha (kye-peer-EEN-yah) is Brazil's national cocktail. Just muddle half a lime cut into wedges with a half teaspoon of sugar then add the cachaça and some ice.



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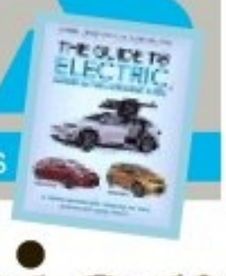

Family-friendly weekend warrior

ALL PHOTOS PETER BLEAKNEY

REVIEW

New Crosstrek great on trails, but a bit blah in the city

Dan Ilika
AutoGuide.com

A void was left in the market when the Honda Element was scrapped, one that was quickly filled by the Subaru Crosstrek.

Both took aim at the adventurous type, or at least those who like to project that image. From getting groceries to getting outdoors, you'd be hard-pressed to find better family-friendly weekend warriors.

Unlike the Element, though, the Crosstrek is usable for more than just looking like the boxes you're carrying behind the tailgate. It offers the ride height and commanding view of the road consumers crave. And unlike its competitors, the Crosstrek gets its bones from the compact Impreza, giving it a leg up when it comes to versatility.

The Crosstrek may look like an Impreza hatch with a bunch of plastic bits bolted to the side, but it's much more than that — kind of. Yes, the two share the same powertrain and basic architecture, but the Crosstrek sets itself apart from its platform mate almost immediately. Its wheelbase is about half an inch shorter than the Impreza hatch, and it rides much higher, with the Crosstrek's 8.7 inches of ground clearance matching the likes of the Jeep Cherokee when it comes to clearing obstacles.

The fender flares and body cladding — that stuff's mostly just for show. But the all-wheel drive and locking centre differential that promises a 50/50 torque split — those are the real deal, and they bring a certain level of legitimacy here.

The Crosstrek comes alive when the trail begins, and feels confident that it can tackle just about any terrain. Its engine isn't the most powerful, but it's more than enough for light trail duty, while the standard five-speed manual allows for the torque control necessary to negotiate less-travelled paths. The locking centre diff fights off any loss of traction that inevitably occurs, and the suspension has enough travel to handle all sorts of rocks, ruts and roots.

So where does it go wrong?

Get back to the asphalt and the Crosstrek loses almost all its personality. The chassis and drivetrain that is so communicative on the trail simply isn't on the road, getting lost somewhere on the way and leaving the Crosstrek feeling like a pretty pedestrian compact that offers very little to get excited about.

The Crosstrek's saving grace when it's back to civilization is its versatile interior. It's spacious and comfortable, and can haul around just about anything you'd want, because unlike the subcompact-based competition, the Crosstrek's larger dimensions translate into more passenger and cargo room.

THE CHECKLIST | 2016 SUBARU CROSSTREK MANUAL

THE BASICS

Engine: 2.0L four-cylinder
Power: 148 hp, 145 lb-ft
Transmission: Five-speed manual; CVT
Fuel Economy: 10.2 L/100 km city, 7.7 L/100 km hwy (manual)
Price: Starts at $24,995 (before freight)

LOVE IT

- Impressive offroad ability
- Interior versatility

LEAVE IT

- Underpowered engine
- Five-speed manual
- STARLINK smartphone interface

LINCOLN MKX

Revel Ultima sound system one of the best in the business

Craig Cole
AutoGuide.com

Would you believe that some of the best sound systems in the automotive business are found in Lincolns, vehicles that are paradoxically associated with the hearing-aid set?

Of all companies, Ford's troubled luxury division is pushing the listening envelope to new heights thanks to an exclusive 10-year partnership with Revel, a firm renowned for its super-premium loudspeakers and home audio systems.

Lincoln's redesigned MKX crossover, for instance, can be equipped with a 19-speaker system that will knock any audiophile's proverbial socks off, so make sure to bring an extra pair.

Crank the volume to ear-damaging levels and the sound remains crystal clear without any distortion or rattles.

To achieve this, Lincoln engineers worked hand-in-glove with the folks at Revel, who specified the right hardware and optimized its placement throughout the vehicle's cabin, small details that add up to an exceptional listening experience.

Rival systems may have more speakers (the Bose Panaray arrangement in Cadillac's CT6 sedan comes with 34), but this doesn't always make them better.

Another important element to the Revel Ultima sound system is called QuantumLogic Surround.

Through advanced processing, it creates an immersive listening experience. In short, it can transform a low-quality song downloaded illegally from a file-sharing site into something that sounds like it was ripped from a CD.

That 19-speaker Ultima sound system in the MKX can be had on Reserve-trim models and above; it's bundled with the $4,400 U.S. luxury package.

If that's too rich for your finances, you can also get a 13-speaker Revel system as a stand-alone option.

+ DAMAGE, FIX

The MKX's Ultima sound system features cutting-edge software that improves the listening experience. One headline feature of the sound system is ClariFi.

The downside of downloading
Typically, MP3s and tunes streamed over services like Pandora are heavily compressed to keep file sizes in check, but it also hurts the listening experience.

Fixing the damage
ClariFi brings these tracks back to life by undoing much of the damage caused by compression.

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2008 KIA SPORTAGE LX

Alloy wheels, Stability and traction control, 4-wheel ABS, Privacy glass, Power mirrors, Reclining rear seats, split folding rear seats and more

$127 B/W @ 9.96% OVER 48 MONTHS NOW ONLY $7,995

2005 INFINITI FX35

Leather seats and sunroof, Navigation and Backup camera, power and heated front seats, power windows and mirrors, A/C

~~$10,995~~ CASH PRICE $8,995

2011 KIA RIO5 EX

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2011 MAZDA 3 GX

Alloy wheels, auxiliary audio input, aluminum wheels, traction control, MP3 Player, Engine immobilizer, split folding rear seat, sport shift transmission

$125 B/W @ 5.97% OVER 78 MONTHS NOW ONLY $13,995

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2012 KIA SORENTO EX LUXURY

Heated seats, moonroof/sunroof, CD player, Premium sound system, heated steering wheel, back up camera, Bluetooth

$225 B/W @ 5.37% OVER 78 MONTHS NOW ONLY $26,995

2005 PONTIAC PURSUIT

Rain deflectors, spoiler, power door locks, fun manual transmission, fuel saving 2.2L engine and more!

~~$4,675~~ CASH PRICE $3,995

2014 NISSAN VERSA NOTE

Navigation, front/rear/aerial view cameras, power windows, doors and side mirrors, air conditioning Bluetooth, alloy wheels and more

$118 B/W @ 4.97% OVER 84 MONTHS NOW ONLY $14,488

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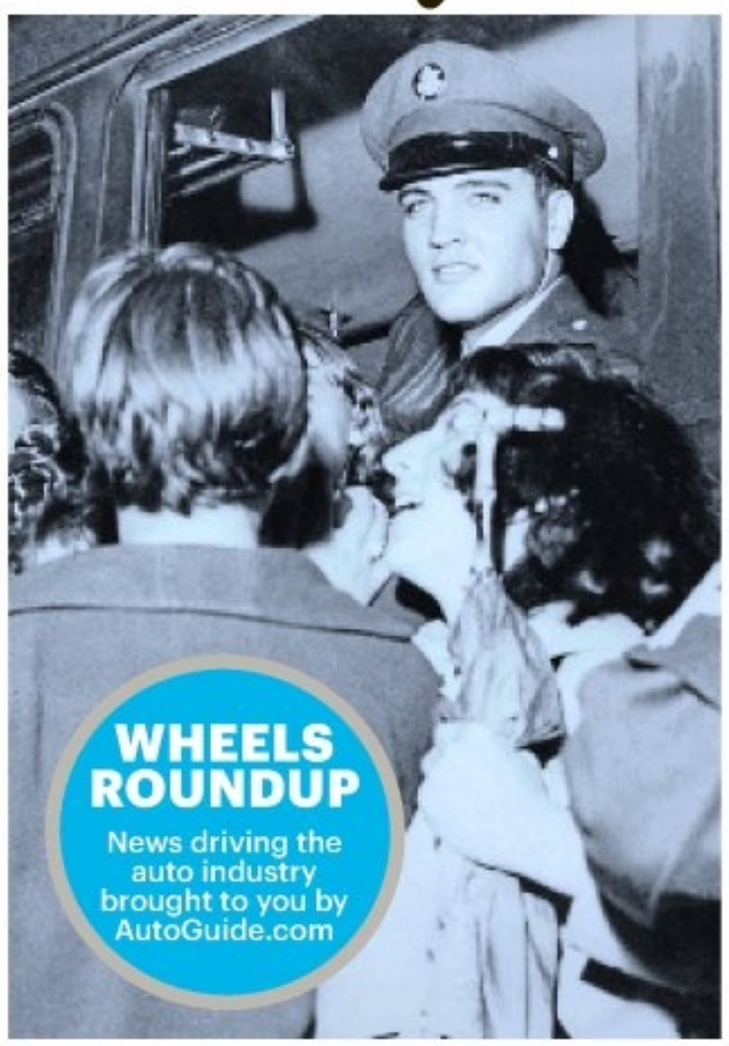
BMW restores Presley's roadster



WHEELS ROUNDUP
News driving the auto industry brought to you by AutoGuide.com

CONCOURS D'ELEGANCE

Elvis' 507 restored

BMW has a real treat in store for those attending the 2016 Concours d'Elegance at Pebble Beach. The German automaker calls it "one of the most spectacular classic-car discoveries of recent times," and it might very well be. BMW Group Classic has found and restored the BMW 507 driven by U.S. musician Elvis Presley while he was doing his military service in Germany. It was originally believed that the car disappeared for nearly 50 years, but after almost two years of painstaking restoration, BMW is ready to present the roadster. Naturally it was a daunting task to restore the roadster to its former glory. The original body parts and other components were virtually all present and intact, but the car had lost its engine and gearbox, while the rear axle was a replacement part of unknown origin. Rust was also eating away at the floor assembly. JASON SIU/AUTOGUIDE.COM

CONCEPT CAR OF THE YEAR

Avista Concept gets noticed

Since its debut earlier this year at the 2016 Detroit Auto Show, the Buick Avista Concept has been on display at various auto shows and events in the U.S. Recently, the Buick Avista received the 2016 Concept Car of the Year and the Most Significant Concept Vehicle of the Year awards. The awards recognize the vehicle that makes the strongest impact in terms of automotive design, engineering and market responsiveness.
JASON SIU/AUTOGUIDE.COM

ROYALTY

Saudi Prince snaps rare cars

Bugatti just sold two extremely rare concept cars to the highest bidder. The purchaser, Instagram user b14, is said to be a member of Saudi Arabia's Saud ruling family. Bugatti sold him the actual Chiron that was presented to the world at the 2016 Geneva Motor Show alongside the Bugatti Vision Gran Turismo Concept, a car created purely for a fantasy world.
STEPHEN ELMER/AUTOGUIDE.COM

metro RIO

Montreal's Eugenie Bouchard and Ottawa's Gaby Dabrowski were ousted from doubles following a loss to Lucie Safarova and Barbora Strycova

Canada cast in bronze

RIO2016

Third-place diving finish keeps medals rushing in

Divers Roseline Filion and Meaghan Benfeito kept Canada's medal streak going at the Rio Summer Games with another bronze medal.

Filion, of Laval, Que., and Benfeito, of Montreal, were third in the women's 10-metre synchronized diving event Tuesday. They were fifth heading into the final round, but a botched dive by the North Koreans gave Filion and Benfeito an opening for a podium finish.

And they nailed it on their final dive — an inward 3-1/2 somersault — for a score of 80.64 points to finish with 336.18 overall behind two Chinese teams. Filion and Benfeito, who were bronze medallists four years ago in London, gave Canada its fourth bronze medal and fifth overall.

"It was crazy. We knew we needed a really good dive on the last one to have a chance at the podium," Filion said. "We went up there really calm, looked at each other and told each other, 'We got this,' and we ended up with a great last dive."

Canada's only non-bronze medal came in the swimming pool, a silver captured by 16-year-old Penny Oleksiak in the women's 100-metre butterfly final on Sunday. Canadian athletes have won at least one medal on each day of competition so far.

Filion and Benfeito make up half of the "Fab IV" on Canada's diving team. Filion, Benfeito, Jennifer Abel and Pamela Ware all have medal potential in Rio as Abel and Ware missed the podium in the three-metre synchro by less than a point.

"Fab" is an acronym — F for Filion, A for Abel, B for Benfeito, and the Roman numeral IV is a stylized W for Ware. All four women will now shift their focus to the individual events.

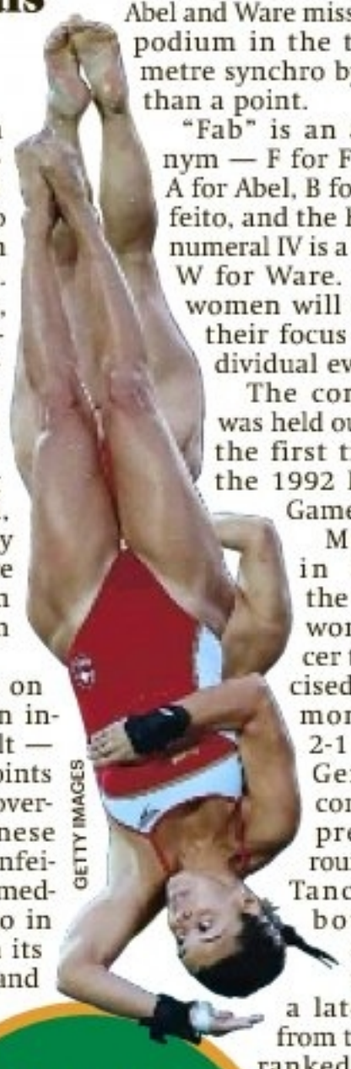
The competition was held outdoors for the first time since the 1992 Barcelona Games.

Meanwhile in Brasilia, the Canadian women's soccer team exorcised some demons with a 2-1 win over Germany to conclude the preliminary round. Melissa Tancredi had both goals as Canada withstood a late barrage from the second-ranked Germans to improve to 3-0-0 to finish atop Group F. More importantly, Canada earned its first win in 13 games against Germany.

"I am just proud of this team," Tancredi said. "To be able to put two goals past a tier-one opponent and really state our spot in this tournament is really huge for us."

Both teams had already clinched quarter-final berths. The Canadians will play the runner-up in Group G on Friday in Sao Paulo.

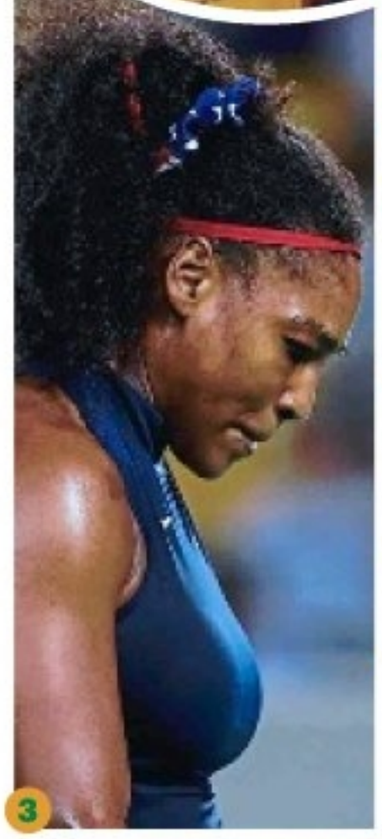
THE CANADIAN PRESS



GETTY IMAGES

WATER COLOUR
The colour of the water in the diving pool Tuesday was a putrid green, and there was no immediate word on what caused the colour change.

GETTY IMAGES



1 **Canadians take one from hosts** — Canada's Ben Saxton and Chaim Schalk earned a three-set win over Brazilians Evandro Goncalves Oliveira Junior and Pedro Solberg in beach volleyball.

2 **More gold for Phelps** — American swimmer Michael Phelps added to his record Olympic gold-medal haul on Tuesday night with a win in the 200-metre butterfly final. He finished ahead of Japan's Masato Sakai and Hungary's Tamas Kenderesi for his 20th gold and added No. 21 later in the evening with a victory in the 4x200 freestyle relay.

3 **Serena eliminated in Round 3** — Serena Williams was eliminated from the women's singles tournament in a straight-sets loss to Ukraine's Elina Svitolina.

4 **Wei makes weightlifting history** — China's Deng Wei won Olympic gold and set a world record in women's weightlifting, hoisting 147 kilograms in the clean and jerk and 115 in the snatch for a total of 262. Her clean and jerk lift also broke her world record by one kilogram.

THE CANADIAN PRESS/THE ASSOCIATED PRESS; PHOTOS BY GETTY IMAGES

RIO in brief

Kiwi rugby hopes cloudy

Sonny Bill Williams was helped off the field with an injured left ankle during New Zealand's shocking 14-12 loss to Japan in its first game of rugby sevens at the Olympics.

Sonny Bill Williams
GETTY IMAGES

The 12-time world series champions and one of the leading contenders for the first rugby medals awarded at an Olympics in 92 years, the New Zealanders struggled against the high-energy team from Japan.

Marta's big moment

While Neymar has been a disappointment for the Brazilian men's soccer team, Marta has been a revelation.

Playing in front of her home fans in the Olympics has given Marta Vieira da Silva her the chance to shine. She had two goals in a victory over Sweden on Sunday before Tuesday night's match against South Africa.

Marta
GETTY IMAGES

Media bus hit by projectile

Two windows were shattered Tuesday when an Olympic bus carrying journalists was hit by an unknown projectile. There were no serious injuries.

"We don't know yet if the bus was shot, or it was a stone," organizing committee spokesman Mario Andrada told The Associated Press.

Andrada said three of the 12 journalists on the bus suffered minor injuries. Two windows were shattered, with tiny chards of glass remaining in place.

"There was kind of a popping noise and something hit two windows on the side of the bus and left two hole marks, which looked like bullet holes," said David Davies, a photographer for the British-based news agency Press Association.

THE ASSOCIATED PRESS

metro SPORTS

Former first-round NFL draft pick and 2007 Heisman Trophy winner Tim Tebow plans to hold a workout for MLB teams this month

Welcome to Madchester

EPL

After frenzied splurges, crazy race begins for United and City

They've hired the two most coveted coaches in world football. Their spending on new players this off-season has just shattered the $300-million barrier. Their stated aim is to win the English Premier League.

Make no mistake: The Manchester clubs mean business.

It was clearly an affront to United and City that they ended up fighting it out for fourth place in the Premier League last season. Standards slipped, rivals stole a march, a big reaction was needed.

So United hired Jose Mourinho as coach, made a statement signing in Swedish superstar Zlatan Ibrahimovic, and has just broken the world-record transfer fee to lure France midfielder Paul Pogba for around $116 million U.S.. Forget being satisfied just making the top four: Mourinho, a win-at-all-costs coach, is demanding the title.

"I want to win," Mourinho said on being hired. "I think we can really, yes."

By the time Mourinho was confirmed at United in May, City had already secured the signature of Pep Guardiola. It renews a coaching rivalry in Spain that sparked and occasionally got nasty when Mourinho was in charge of Real Madrid and Guardiola at Barcelona.

And Guardiola has set about bringing more youth, pace and intensity into City's squad by signing six players — including Leroy Sane, Nolito, teenage Brazilian prodigy Gabriel Jesus and Ilkay Gundogan — for around $130 million.

This is the biggest test of Guardiola's coaching career after his trophy-laden spells with Barcelona and Bayern Munich.

"Our objective," City chief executive Ferran Soriano said, "is to get to the end of the season with chances to win everything."

For the hotbed not just of English football but the world game, look no further than Manchester.

In 2012, City and United were the central figures in the most exciting end ever to a Premier League season, with the blue half winning the title on goal difference. They also finished as the top two teams the following season, this time United winning the league.

Since then, United hasn't finished higher than fourth. City has won the league once more (in 2014), which is widely considered a poor return given the wealth and players at the disposal of a club owned by the Abu Dhabi royal family.

Mourinho and Guardiola will shake things up. They have each captured 22 major trophies and have coached the biggest names in the sport. They have an intense work ethic and are among the most ruthless managers around. They are winners, pure and simple.

It's no wonder, then, that there's often fireworks when they meet. For the moment, there's a truce but there will be as much focus on the dugouts and technical area as on the field during the first Manchester derby of the season on Sept. 10 at Old Trafford. As for their new teams, there are many questions to be answered.

At United: Will the one-paced strike partnership of Ibrahimovic and Wayne Rooney be a success? Will Pogba be weighed down by the record price tag? How long will it take for Mourinho to change United players' mindset from the Louis van Gaal era?

At City: Can Guardiola adapt to the gruelling, competitive nature of the Premier League? Does the team still rely too much on injury-prone stars Sergio Aguero and Vincent Kompany? Is City's defence good enough to win the league?

At least one of these two superpowers will come up short in the Premier League this season. Maybe even both, considering Chelsea, Arsenal, Tottenham and even Liverpool are live contenders for the title, not forgetting defending champion Leicester.

Reputations are on the line, but United and City couldn't have done much more to get their teams in the right shape for the new season. THE ASSOCIATED PRESS

Pep Guardiola and Jose Mourinho have talent on their hands. GETTY IMAGES/THE ASSOCIATED PRESS

STONES JOINS

John Stones became the second most expensive defender in football history on Tuesday, joining Manchester City for 47.5 million pounds ($62 million U.S.) from Everton as the latest solution to the club's defensive issues. THE ASSOCIATED PRESS

MLB

Rays have their way with Jays pitching

Marco Estrada had one of his shortest outings of the season in the Toronto Blue Jays' 9-2 loss to the Tampa Bay Rays on Tuesday night.

The Blue Jays all-star yielded three runs (two earned) on seven hits and four walks over five shaky innings. It was only the third time in 21 starts this season that Estrada (7-5) has failed to make it through at least six innings.

Evan Longoria drove in three runs and Logan Forsythe had a solo homer and two RBIs for Tampa (46-66). Drew Smyly (4-11) pitched six innings for the win.

TUESDAY In Toronto

RAYS	BLUE JAYS
9	2

Devon Travis and Melvin Upton Jr., on a sacrifice fly, drove in runs for the Blue Jays (64-50), who entered the night tied with Baltimore (63-48) for control of the American League East.

Estrada struck out Luke Maile on his 113th pitch. He ended the night with six punchouts.

Toronto's bullpen, strong last week on the road, gave up six runs over four innings of work. THE CANADIAN PRESS

NFL

Rawls returns to Seahawks practice

Seahawks running back Thomas Rawls carried a football Tuesday for the first time since a broken ankle ended his rookie season last December.

Rawls was limited to individual work in his first practice with Seattle since being activated from the physically unable to perform list on Sunday, but to Rawls it was a big step toward getting back to where he wants to be.

> **He's ready to be out there ... It's really exciting to have him back.**
> Coach Pete Carroll

"I think it fit real good in the timeline. Just taking it day by day and getting better," Rawls said after practice. "Just visualizing and getting my feet wet a little bit out there and I'm so excited and glad to be out there with the fellas." THE ASSOCIATED PRESS

IN BRIEF

A-Rod gets nod to start in final game at Fenway Park

Alex Rodriguez will only start in Thursday's finale of the New York Yankees' three-game series at the Boston Red Sox before playing his final game in pinstripes at home on Friday night.

Manager Joe Girardi revealed the plans prior to Tuesday's series opener. After Friday's game against Tampa Bay, Rodriguez will be released and shift into a role as a special adviser. THE ASSOCIATED PRESS

MLB

Fielder will have to quit playing: Source

A person with direct knowledge of the medical decision says Texas Rangers slugger Prince Fielder will have to quit playing baseball after his second neck surgery.

That person told The Associated Press that Fielder isn't formally retiring, but that doctors won't give him medical clearance to play.

The Rangers said that Fielder would hold media availability Wednesday.

Fielder had a cervical fusion on July 29 to repair a herniation between two disks in his neck. That was done just above the area where the 32-year-old Fielder had a similar surgery in May 2014. THE ASSOCIATED PRESS

The Rays' Corey Dickerson slides across home plate to score a run against Blue Jays catcher Russell Martin on Tuesday night. TOM SZCZERBOWSKI/GETTY IMAGES

RECIPE Asian Lettuce Wraps

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

The zing of ginger and garlic and crunch of cashews make these Asian lettuce wraps better than any takeout you can throw at them.

Ready in 10 minutes
Prep time: 10 minutes
Serves: 4

Ingredients
- 1 lb (ground turkey)
- 1 Tbsp of vegetable oil
- 1 red pepper, diced
- 1/2 cup water chestnuts, diced
- 2 scallions, chopped
- 1 clove of garlic, minced
- 1 tsp ginger, minced
- 1 Tbsp rice vinegar
- 1 Tbsp soy sauce
- 1 Tbsp Sriracha
- 1 head of Boston or bibb lettuce
- small handful of cilantro, chopped
- small handful of unsalted cashews, chopped

Directions

1. Warm the oil in a large skillet over medium heat. Add the turkey and break it up with a spoon as it browns until almost cooked through.

2. Add the peppers, garlic and ginger and keep pushing everything around until it smells amazing and the vegetables begin to soften. Pour in the vinegar, soy and Sriracha, along with the water chestnuts and give it all a stir.

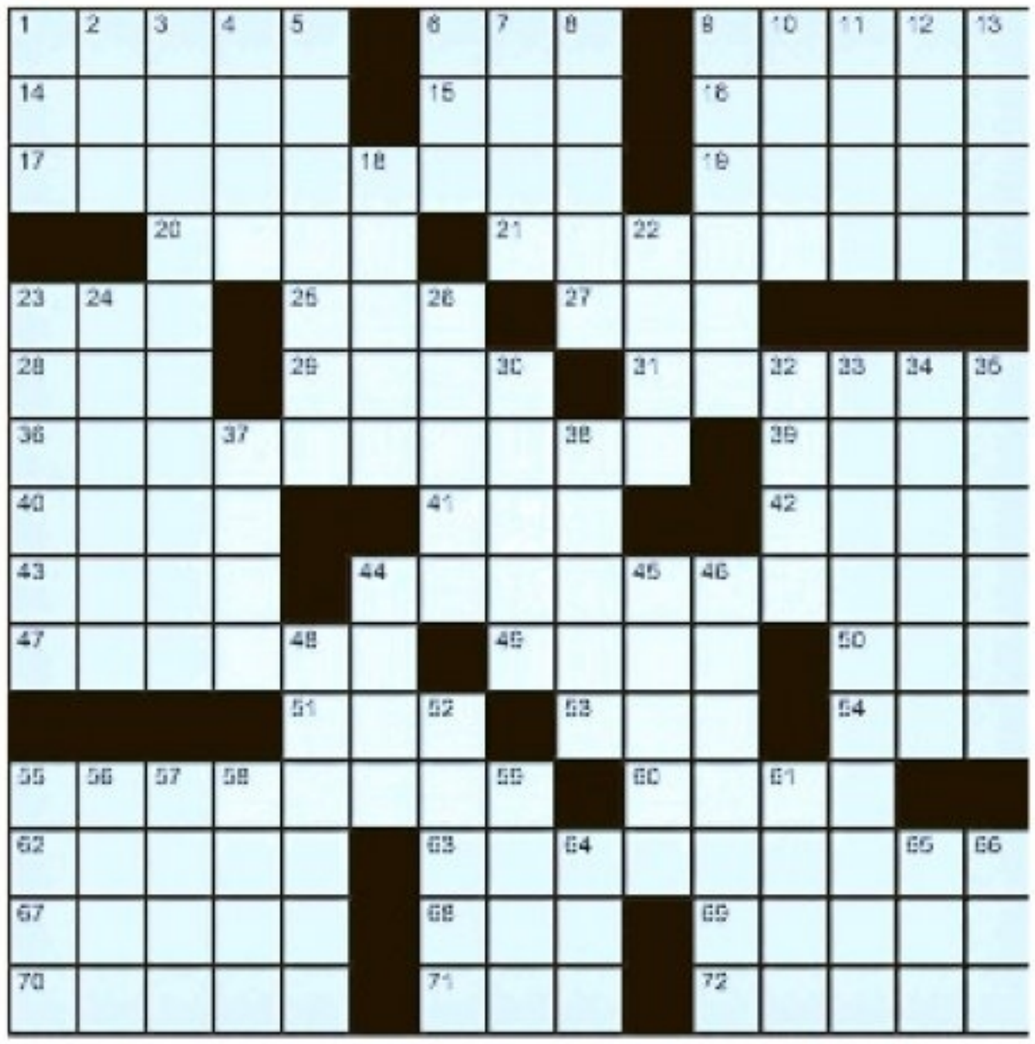
3. Check that the turkey has cooked through. Put the mixture in a serving bowl.

4. Place the meat, whole lettuce leaves, chopped cilantro and nuts on the table and let everyone assemble their lettuce wraps.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. RIO 2016: Performance measurers in some sports
6. The Tragically _
9. Movie star Willem
14. Put on _ _ (Fake it)
15. Wheat: French
16. Catherine of "SCTV"
17. RIO 2016: Trained in the gym: 2 wds.
19. Western flick
20. _ _ fine line
21. RIO 2016: Seven-players-a-team court sport
23. Vox populi, vox _
25. Mil. rank
27. Half a Teletubby
28. Ms. Longoria
29. RIO 2016: Team Canada's symbol, Maple _
31. Boston nickname: 2 wds.
36. RIO 2016: Olympic sport
39. Ms. Braxton
40. Approve
41. RIO 2016: Rio's country, IOC-style
42. Mr. Onassis, et al.
43. The Yukon, e.g.
44. RIO 2016: Olympic sport, Artistic _
47. Ritzy expanse
49. Biblical son of Cush
50. Y-following alternative
51. Advantages
53. RIO 2016: IOC code for where Colombo is the capital
54. Poet's 'commonly'
55. RIO 2016: 'Village' denizens
60. Canadian star Mr. Thicke
62. "If" band
63. RIO 2016: IOC = International Olympic _
67. Mr. Manilow
68. Cooking amt.
69. Spiral-horned antelope
70. Madonna's "Vogue" beginning: "Strike _ _."
71. Musical note
72. President's Choice's Mr. Weston

DOWN
1. Spotted, to Tweety Bird
2. Veil heroine
3. RIO 2016: The Olympic sport of Judo: 2 wds.
4. Fashion designer, Marc _
5. Church part
6. Cable network
7. "_ _ Ya Papi" by Jennifer Lopez
8. Potpourri piece
9. "Zip-a-Dee-_-_"
10. Herman Melville's captain
11. Mirage, _ morgana
12. Mr. Hershiser
13. Nobleman
18. Tree servicing company
22. RIO 2016: _, anthem
23. Dedicate
24. Calls forth
26. Type of cat
30. Pasture places
32. State: French
33. RIO 2016: Apparatus in #44-Across, _ Bar
34. Worldwide relief agcy.
35. Actress, Jacqueline _
37. Vega constellation
38. RIO 2016: Pool separators
44. Mannered man
45. 'A.' of President James A. Garfield
46. RIO 2016: Olympic sport
48. Hippie t-shirt pattern
52. Factions
55. Swedish pop band
56. Pitfall
57. Saver of someone
58. Metallica's Mr. Ulrich
59. Fair
61. "Right back _ _!" (Likewise)
64. US speed meas.
65. 'Client' completer
66. 'Jacob' suffix

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
For the next six weeks, you want to travel and explore! You also want to explore opportunities in publishing, the media, medicine, the law and higher education.

Taurus April 21 - May 21
Disputes about inheritances, debt and shared property might not be settled until October. Until then, be reasonable and patient, because this will help you.

Gemini May 22 - June 21
While Mars is opposite your sign for the next six weeks, it's easy to be impatient with others. (They seem to be so annoying!) After that, things return to normal.

Cancer June 22 - July 23
You're keen to work hard on the job to show others what you can do. Be careful you're not too bossy; ultimately, this is counter-productive.

Leo July 24 - Aug. 23
Competitive sports might be a strong focus for you in the next six weeks. You intend to go after what you want in terms of social plans, vacations and romantic intentions.

Virgo Aug. 24 - Sept. 23
Be patient with chaos and increased activity at home, because by October, this insanity will be history. Just go forward one step at a time. Relax.

Libra Sept. 24 - Oct. 23
Your communication skills are strong and forthright now, and they will stay that way until October. Use this to study, sell and write, but don't overwhelm anyone.

Scorpio Oct. 24 - Nov. 22
Your determination to boost your income is admirable. The trick is to reduce your spending. No matter how much you earn, if you spend more, you're in debt.

Sagittarius Nov. 23 - Dec. 21
You love the outdoors. Since Mars is in your sign until October, grab every chance you can to pursue physical sports and outdoor activities, because you need this outlet!

Capricorn Dec. 22 - Jan. 20
Secret love affairs, as well as behind-the-scenes activities, are your focus for the next six weeks. When in doubt, take the high road, because secrets eventually come out.

Aquarius Jan. 21 - Feb. 19
Competition with a friend or with a group through physical sports will be strong in the next six weeks. This same energy makes you a group leader.

Pisces
Feb. 20 - March 20
Your ambition is aroused much more than usual until October. You can use this energy to accomplish something important. Be aware of this.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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8	2	4	5	1	6	3	7	9
2	9	8	1	7	5	4	6	3
7	1	5	6	4	3	8	9	2
4	6	3	2	8	9	7	5	1

HONDA

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FIND YOUR (H) PLACE.

2016 CR-V LX

LEASE FOR $72* @ 1.99%† APR# $0 DOWN PAYMENT‡

Weekly on a 60 month term with 260 payments.
MSRP $28,015** includes freight and PDI.

PLUS A $1,500¥ HONDA BONUS

CLEAROUT BONUS OF UP TO $3,000£ ON SELECT 2016 CR-Vs

They're going, going, GONE...

2016 HR-V LX

LEASE FOR $68* @ 4.99%† APR# $0 DOWN PAYMENT‡

Weekly on a 60 month term with 260 payments.
MSRP $22,515** includes freight and PDI.

2016 ACCORD

$2,000†

Cash purchase incentive on select 2016 models

Accord L4 LX CVT starting from
MSRP of $27,345** includes freight and PDI.

The Honda 2016 6/7 MODEL CLEAROUT

It's your last chance to save on remaining 2016s, only at your local BC Honda dealer

¥$1,500 Honda bonus consumer incentive dollars are available on all 2016 CR-V models. Honda bonus consumer incentive dollars are for eligible vehicles in addition to any other programs and will be deducted from the negotiated price after taxes. £$3,000 clearout bonus on the 2016 CR-V LX AWD is comprised of $1,500 consumer incentive dollars and $1,500 customer cash rebate. Consumer incentive dollars are for eligible vehicles in addition to any other programs and will be deducted from the negotiated price after taxes. Customer cash rebate will be deducted from the negotiated price after taxes and can be used in conjunction with any HFS Standard Rate Programs. $1,500 clearout bonus on 2016 CR-V models (LX 2WD, SE AWD, EX AWD, EX-L AWD, and Touring AWD) is comprised of $1,500 consumer incentive dollars. Consumer incentive dollars are for eligible vehicles in addition to any other programs and will be deducted from the negotiated price after taxes. †$2,000 Honda cash purchase incentive is available on select 2016 Accord models (4D LX CVT, 4D L4 LX HS CVT, 4D Sport, 4D EX-L, 4D Touring). Honda cash purchase incentive will be deducted from the negotiated price after taxes and cannot be combined with sub-vented lease or finance offers. ‡Limited time weekly lease offer and all other offers are from Honda Canada Finance Inc., on approved credit. #The weekly lease offer applies to a new 2016 CR-V LX 2WD RM3H3GE1/HR-V LX 2WD 6MT RU5G3GEX for a 60-month period, for a total of 260 payments of $71.95/$67.86 leased at 1.99%/4.99% APR based on applying $678.40/$519.20 "lease dollars" (which are deducted from the negotiated selling price after taxes). ‡Down payment of $0.00, first weekly payment and $0 security deposit due at lease inception. Total lease obligation is $18,707.00/$17,667.00. Taxes, license, insurance and registration are extra. 120,000 kilometre allowance; charge of $0.12/km for excess kilometres. **MSRP is $28,015/$22,515/$27,345 based on a new 2016 CR-V LX 2WD RM3H3GE1/2016 HR-V LX 2WD 6MT RU5G3GEX/2016 Accord 4D L4 LX CVT CR2F3GE including freight and PDI of $1,725/$1,725/$1,695. Prices and/or payments shown do not include tire/battery tax of $25, or air conditioning charge (where applicable) of $100, all of which are due at time of delivery. Additional charges for waste disposal fees, environmental fees and handling charges (all of which may vary by dealer and/or vehicle) may apply. Offers valid from August 3rd through 31st, 2016 at participating Honda retailers. Dealer may sell/lease for less. Dealer trade may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details.